

TWO YEAR LIMITED WARRANTY

(Valid in USA only)

HoMedics, Inc., guarantees this product free from defects in material and workmanship for a period of two years from the date of purchase, except as noted below.

This HoMedics product warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to the product; or any other conditions whatsoever that are beyond the control of HoMedics. This warranty is effective only if the product is purchased and operated in the USA. A product that requires modification or adaptation to enable it to operate in any country other than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under warranty. HoMedics shall not be responsible for any type of incidental, consequential or special damages. All implied warranties, including but not limited to those implied warranties of fitness and merchantability, are limited to the total duration of two years from the original purchase date.

To obtain warranty service on your HoMedics product, either hand deliver or mail the unit and your dated sales receipt (as proof of purchase), postpaid, along with check or money order in the amount of \$5.00 payable to HoMedics, Inc. to cover handling.

Upon receipt, HoMedics will repair or replace, as appropriate, your product and return it to you, postpaid. Warranty is solely through HoMedics Service Center. Service of this product by anyone other than HoMedics Service Center voids warranty.

This warranty provides you with specific legal rights. You may have additional rights which may vary from state to state. Because of individual state regulations, some of the above limitations and exclusions may not apply to you.

For more information regarding our product line in the USA, please visit:
www.homedics.com

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Service Center Dept. 168
3000 Pontiac Trail
Commerce Township, MI
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DELUXE ACOUSTIC RELAXATION MACHINE

SOUND SPA CLOCK RADIO



Instruction Manual and Warranty Information

SS-400B



CAUTION – PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE USING SOUND SPA CLOCK RADIO.

Important Safety Instructions

As with all electrical appliances, basic safety precautions must be practiced.

To reduce the risk of electrical shock:

- Do not place or store the unit where it can fall or be pulled into a tub or sink.
- Do not use while showering or bathing.
- Do not place or drop into water or any other liquid.
- Never reach for an appliance that has fallen into water. Unplug it immediately.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electrical shock or injury to persons.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return it to the HoMedics Service Center for examination and repair. (See the warranty section for HoMedics' address.)
- Keep cord away from heated surfaces.
- Do not carry this appliance by supply cord or use cord as handle.
- To avoid breakage, do not wrap cord around unit.

WARNING – TO REDUCE THE RISK OF FIRE, ELECTRIC SHOCK OR INJURY TO PERSONS:

- Use Sound Spa Clock Radio only for its intended use as described in this manual.
- If the electrical cord becomes damaged, stop using Sound Spa Clock Radio's AC adapter immediately. Refer to the reorder form at the back of this manual for replacement information for lost or damaged adapters.
- This unit is not a toy. Children should not use it or play with it.

Body Basics invites you to take a few moments for yourself. Regroup and focus on feeling good – inside and out. From holistic health to new ideas in self enhancement, our products help restore the basic balance between your mind and body.

RELAX. RENEW. SIMPLIFY.

BODY BASICS.

Create your perfect sleep environment.

Thank you for purchasing Sound Spa Clock Radio, Body Basics' deluxe acoustic relaxation machine. This, like the entire Body Basics line, is built with high-quality craftsmanship to provide you years of dependable service. We hope that you'll find it to be the finest product of its kind.

Sound Spa Clock Radio helps you create your perfect sleep environment. Fall asleep to any of its six calming sounds, then wake to sound, radio or alarm. Sound Spa Clock Radio can also mask distractions to improve your concentration while you read, work or study.

Sound Spa Clock Radio Features

- Six natural sounds proven to improve sleep, relaxation and concentration.
- AM/FM radio with alarm and snooze.
- Three gentle-wake options. Wake to radio, alarm or soothing sound.
- Easy-to-read clock with LCD display. Features a glowing backlight to illuminate time. Requires two AAA batteries (included with your unit) for operation.
- Automatic sleep timer that allows you to choose how long you listen – 15, 30, 45, 60 minutes, or continuously.
- Headphone jack for private listening with your own headphones.
- Volume control to adjust the sound as you like.
- LED illuminated ON/OFF button for one-touch operation.
- Convenient stand to display unit standing up.
- AC adapter to power Sound Spa Clock Radio. Or use three AA alkaline batteries for portable, acoustic relaxation (batteries not included).

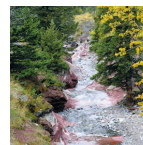
How Does Sound Conditioning Work?

Studies have proven that it is the repetitiveness of natural sounds that people respond to physically and emotionally, helping to improve relaxation. Many people report sleeping better during a Spring Shower. Or relaxing completely when listening to Ocean Waves. Spending a Summer Night in the country may leave you feeling

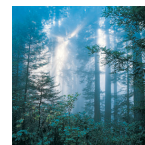
refreshed the next morning. Sound Spa Clock Radio's Woodlands sound features a calming song of nature, and the gentle flow of water in Mountain Stream soothes away the day's worries so you'll wake feeling better rested and invigorated.

Natural sounds also work amazingly well to mask distractions and help us focus our thoughts. Sound Spa Clock Radio's White Noise feature, produced from the sound of a giant waterfall, provides continuous, relaxing sound that clears the mind of outside noises to help you concentrate.

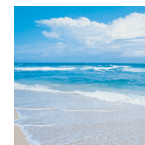
Six Natural Sounds



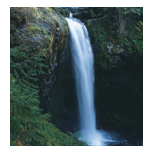
Mountain Stream
Refresh your senses next to a gentle stream.



Woodlands
Journey into the deep woods under a canopy of calming sound.



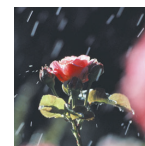
Ocean Waves
Get lost in the rhythm of waves washing upon the shore.



White Noise
Mask distractions beneath a giant waterfall.

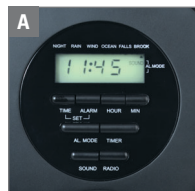


Summer Night
A chorus of crickets perform nature's lullaby.



Spring Rain
Steady rainfall creates the perfect sleep environment.

NOTE: TWO AAA BATTERIES ARE REQUIRED AT ALL TIMES TO OPERATE THE CLOCK, EVEN WHEN THE UNIT IS POWERED BY AC ADAPTER.



To Use Sound Spa Clock Radio

Sound Spa Clock Radio operates on either the AC adapter included or on three AA alkaline batteries (not included).

TO CONNECT AC ADAPTER: Insert the plug into an electrical outlet and connect the receptacle end to the side of the unit.

TO INSTALL BATTERIES: Insert three AA alkaline batteries into the compartment on the back of the unit following the diagram inside.

SETTING AND OPERATING THE CLOCK

1. To operate the clock, you must install two AAA batteries (included with your unit) in the farthest right battery compartment on the back of the unit.

Note: The two AAA batteries are required at all times to operate the clock, even when the unit is powered by the AC Adapter. If you notice the LCD display or glowing backlight becoming dim, you must replace the batteries.

2. Press the TIME SET button located on the front of the unit (Diagram A).
3. While pressing the TIME SET button, press the HOUR button until you reach the correct hour.
4. Continue to hold down the TIME SET button and press the and MIN (minute) button until reaching the correct time.

Note: AM will appear on the clock face during the AM hours. Be sure to set the time for the correct 12-hour period – AM (morning) or PM (evening).

LISTENING TO SOUNDS

1. Press the SOUND button on the front of the unit to select the desired sound.
2. Press the ON/OFF button located on the front of the machine. The LED light will illuminate when the unit is on.
3. Choose one of Sound Spa Clock Radio's six comforting sounds by pressing the SOUND button.
4. Adjust the automatic sleep timer to select the desired listening time: 15, 30, 45 or 60 minutes. Press the TIMER button until it says 0 for continuous play.



6. Adjust the volume switch, as desired.
7. When finished, press the ON/OFF button to turn the sound off.

LISTENING TO THE RADIO

1. Choose FM or AM radio by turning the FM/AM switch to the appropriate FM or AM position.
2. Press the ON/OFF button located on the front of the machine. The LED light will illuminate when the unit is on. Then press the RADIO button on the front of the machine.
3. Using the tuning knob (Diagram B), tune the radio to the correct station.
4. Adjust the automatic sleep timer to select the desired listening time: 15, 30, 45 or 60 minutes. Press the TIMER button to the OFF position for continuous play.
6. Adjust the volume switch, as desired.
7. When finished, press the ON/OFF button to turn the radio off.

SETTING THE ALARM

1. Press the ALARM SET button on the front of the unit. ALARM will appear on the clock face to indicate you're changing the alarm time.
2. While pressing the ALARM SET button, press the HOUR button until reaching the desired hour.
3. Continue to hold down the ALARM SET button and press the and MIN (minute) button until reaching the correct time.
Note: The AM indicator also applies to the alarm. You can review the alarm setting anytime by pressing the ALARM SET button.
4. To choose from Sound Spa Clock Radio's three gentle-wake options, press the AL MODE button to choose Sound, Radio or Buzzer. The AL MODE shows which was chosen.

TO WAKE TO AM/FM RADIO:

1. Turn the unit on by pressing the ON/OFF button located on the front of the machine.
2. Choose FM or AM radio by switching the FM/AM to the appropriate FM or AM position.

Please Note:

When powered by AC Adapter, a green glowing backlight illuminates the clock display at all times. **However, when the unit is powered by batteries, the glowing backlight is activated by pressing the SNOOZE button.** With each press, it will glow for four seconds before turning off. This is a battery-saving feature.

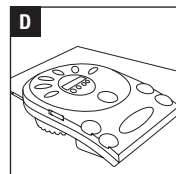
3. Using the tuning knob, tune the radio to the correct station.
4. The AL MODE will show radio.
5. Turn the radio off by pressing the ON/OFF button located on the front of the machine or set the automatic sleep timer by following the "Listening to Radio" instructions above.

TO WAKE TO SOUND:

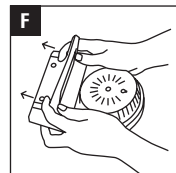
1. Turn the unit on by pressing the ON/OFF button located on the front of the machine.
2. Press the AL MODE button.
3. Choose one of Sound Spa Clock Radio's six comforting sounds by pressing the corresponding button.
4. Turn the sound off by pressing the ON/OFF button located on the front of the machine or set the automatic sleep timer by following the "Listening to Sounds" instructions above.

USING THE SNOOZE FEATURE

When the alarm sounds, you may extend your sleep time by pressing the SNOOZE button located on the front of the machine. The alarm will then stop and wait nine minutes before sounding again. The snooze feature can be used repeatedly to extend your sleep time nine additional minutes.



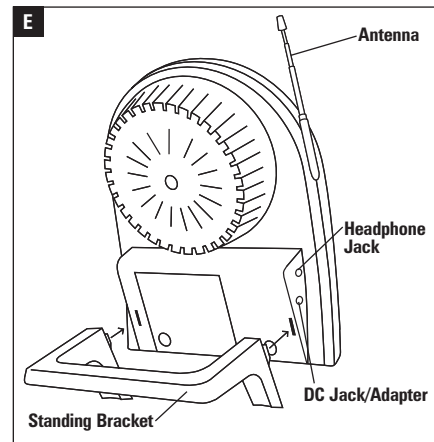
Flat on surface



To detach stand

Displaying Sound Spa Clock Radio

Sound Spa Clock Radio can be displayed lying flat (Diagram D) or standing up. See Diagram E to attach the standing bracket.

**ATTACHING AND DETACHING THE STANDING BRACKET**

To display Sound Spa Clock Radio standing up, simply attach the standing bracket to the backside of the unit, as shown in Diagram E. Insert the bracket into the notches, located on the unit. Snap the unit in place by pressing up with your thumbs. To detach, grasp the bracket and press down with your thumbs towards the bottom of the unit (Diagram F).